

DINNERLY



Asian Chicken Noodle Salad with Cucumber and Mint



25 minutes



2 Servings

It may be winter, but main-course salads can still hit the mark, especially when they're brimming with lots of good stuff like chicken, cucumber, fresh mint and slurpy noodles. A sweet chilli dressing adds extra oomph!

WHAT WE SEND

- 1 Lebanese cucumber
- mint
- free-range chicken thigh fillets
- 150g vermicelli noodles
- 5g Thai seasoning¹⁷
- 2 tbs sweet chilli sauce

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1 tbs vegetable oil
- 2 tsp soy sauce⁶
- 2 tsp white vinegar

TOOLS

- medium saucepan
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 575kcal, Fat 16.9g, Carbs 71.8g, Proteins 32.9g



1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Quarter the **cucumber** lengthwise and thinly slice on an angle. Pick the **mint** leaves, discarding the stems. Thinly slice the **chicken**.



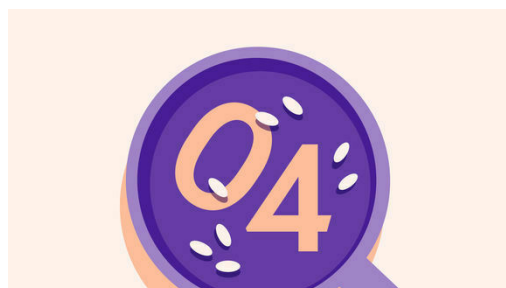
2. Cook noodles

Cook the **noodles** in the pan of boiling water for 7 mins or until tender. Drain, then rinse under cold water to prevent the noodles from sticking.



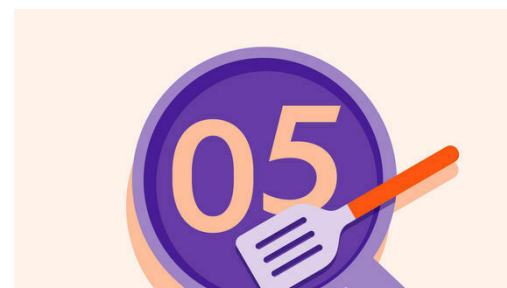
3. Brown chicken

Meanwhile, heat **1 tbs vegetable oil** in a medium frypan over high heat. Stir-fry the **chicken** for 2-3 mins until browned. Add **2 tsp Thai seasoning** (see Make it yours) and cook for a further 2 mins or until the chicken is cooked through. Remove the pan from the heat.



4. Make dressing

Combine **1 tbs sweet chilli sauce***, **2 tsp soy sauce** and **2 tsp white vinegar** in a large bowl.



5. Serve up

Add the **noodles, chicken, cucumber** and **mint** to the dressing and stir to combine. Divide the **noodle salad** among bowls and enjoy!



6. Make it yours

We've suggested this amount of Thai seasoning for flavour, but if you prefer less heat or have little ones, reduce to taste.